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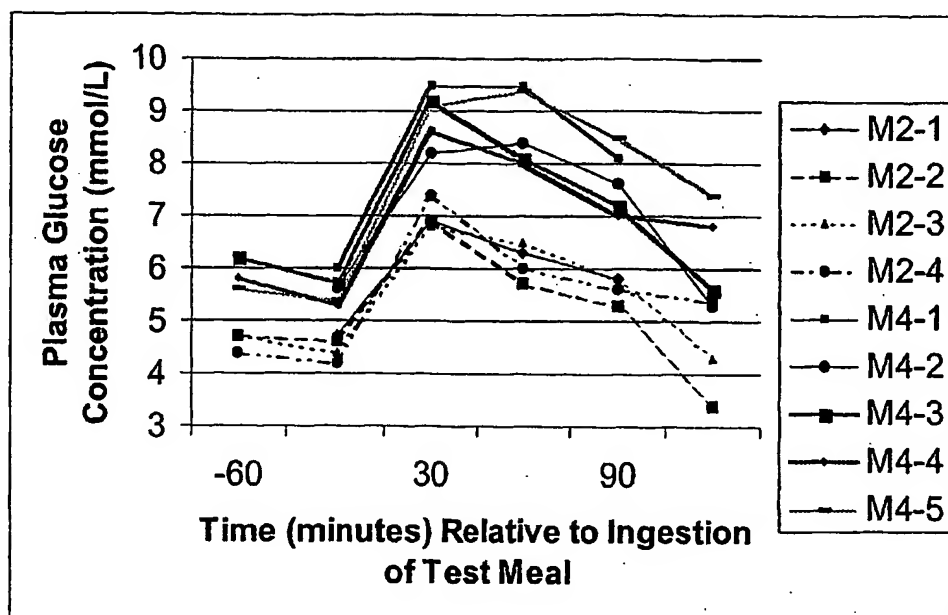
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(54) Title: **DIAGNOSTIC COMPOSITION FOR DIABETES TYPE-2 AND IMPAIRED GLUCOSE TOLERANCE, AND METHODS OF USE**



(57) Abstract: A solid oral diagnostic test meal is provided that contains a polysaccharide, wherein the oral diagnostic test meal provides a medically controlled quantity of glycemic carbohydrate after being ingested by a vertebrate subject. In addition, methods and kits are provided for using the diagnostic test meal to monitor postprandial glucose to screen insulin levels and/or diagnose disorders of carbohydrate metabolism, to manage subjects being treated with antidiabetic agents, to self-diagnose diabetes and self-manage diet and antidiabetic drug dosage, and to calculate the glycemic index of a test food.

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